

Appendix 1 Flow of patients through the study [posted as supplied by author]

Drop-out analysis

At baseline there were no differences between any of the measures in **Table 1** between patients completing (n=44) vs. dropping out of the weight loss programme (n=19), except for the physical component of quality of life which was lower in the drop-out patients compared to the completers (42.9 vs. 47.6; $P=0.04$). Also, there were no differences during the very low energy diet period between the patients completing vs. dropping out of the weight loss programme in any variable in **Table 2** and **Table 3** (column, after very low energy diet).

At one year the patients who completed the programme (n=44) had greater reductions in apnoea-hypopnoea index and weight compared to those who dropped out from the treatment programme but attended the sleep (n=10) and anthropometric measurements (n=6). The difference was, however, not statistically significant (-22 vs. -12 events/h; $P=0.096$ and -16 vs. -10 kg, $P=0.061$, respectively).

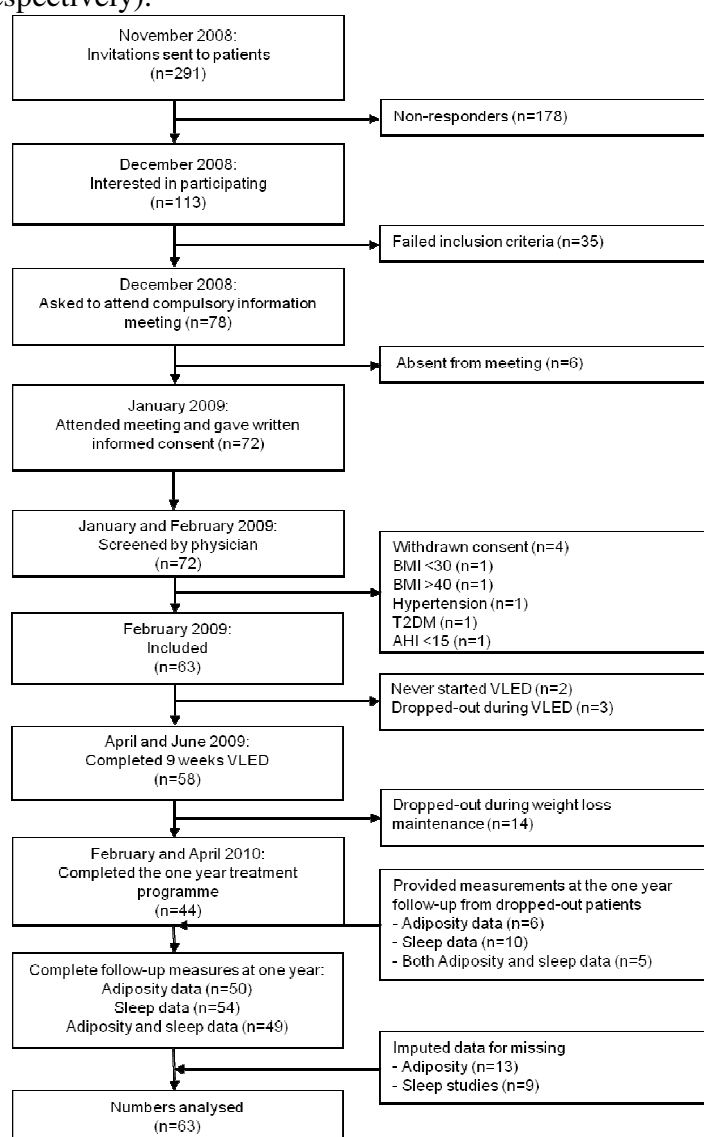


Figure Flow of patients through the study